

PRESS RELEASE

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FOR IMMEDIATE RELEASE

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Destini L. Highsmith Awarded \$10,000 Counseling Fellowship From the NBCC Foundation



Meriden, CT—The NBCC Foundation, an affiliate of the National Board for Certified Counselors (NBCC), recently selected Destini L. Highsmith of Meriden, Connecticut, for the NBCC Minority Fellowship Program-Mental Health Counseling-Master's (MFP-MHC-M). As an NBCC MFP-MHC-M Fellow, Highsmith will receive funding and training to support her education and facilitate her service to underserved populations.

The NBCC MFP-MHC-M is made possible by a grant awarded to the NBCC Foundation by the Substance Abuse and Mental Health Services Administration (SAMHSA). The NBCC Foundation administers the MFP-MHC-M, including training and collaboration activities, such as [webinars](#), that are open to all board certified counselors. The goal of the program is to reduce health disparities and improve behavioral health care outcomes for racially and ethnically diverse populations by increasing the number of professional counselors providing effective, culturally competent services to underserved populations.

The NBCC Foundation will distribute \$10,000 to Highsmith and the other 29 master's-level counseling students selected to receive the fellowship award. Highsmith is a graduate of the University of Connecticut and is currently enrolled at the University of St. Joseph, where she is pursuing a master's degree in the clinical mental health counseling program. Upon graduation, Highsmith intends to serve inner city communities, particularly minority populations and people who have experienced trauma. She would like to work with marginalized populations and implement psychoeducation to fight the negative stigma of mental health issues in those communities. Earning this fellowship will allow Highsmith to attend counseling conferences and trainings where she can build a stronger professional identity as a counselor, learn evidence-based practices to serve her desired populations, and become an advocate for those individuals and for the counseling profession. The conferences she will attend will also allow her to build a network of professionals with whom she can collaborate and aid in shaping a more informative and insightful view to better serve underserved populations.

The NBCC Foundation has also awarded 20 \$20,000 [doctoral fellowships](#) through the MFP and 40 [master's-level fellowships](#) of \$15,000 through the MFP for Addictions Counselors (MFP-AC). The NBCC Foundation plans to open the next NBCC MFP-MHC-M application period in fall 2020. To learn more about the NBCC MFP and its fellows, please visit nbccf.org/Programs/Fellows.

*Biographical information provided by the awardee.

About the NBCC Foundation

The NBCC Foundation is the nonprofit affiliate of the National Board for Certified Counselors (NBCC), based in Greensboro, North Carolina. NBCC is the nation's premier professional certification board devoted to credentialing counselors who meet standards for the general and specialty practices of professional counseling. Currently, there are more than 66,000 board certified counselors in the United States and over 50 countries. The NBCC Foundation's mission is to leverage the power of counseling by strategically focusing resources for positive change.

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